



FASTING BLOOD TESTS

INSTRUCTIONS

Please take note of the following timing requirements for certain fasting blood tests to ensure the most accurate results:

1. If a fasting blood glucose test is requested, you must abstain from eating or drinking for a period of 8-12 hours. Drinking water is, however, allowed during the fast and on the morning of the test. The blood collection should be performed no later than 09:00 in the morning.
2. If a fasting lipogram is requested, the sample can be collected up to 11:00 in the morning within a fasting period of between 12-16 hours.

PREPARATION FOR THE GLUCOSE TOLERANCE TEST (GTT)

The following guidelines are to be followed when preparing for a glucose tolerance test:

1. The GTT should be performed in the morning after an 8-12 hour overnight fast and the test should be started no later than 9am.
2. Only water is allowed whilst fasting and on the morning of the test (NO CAFFEINE).
3. Please discontinue the use of all non-essential/over-the-counter medication for 3 days prior to the test.
4. If you are taking essential medicine (e.g. for high blood pressure or cholesterol), omit this on the morning of the test but bring it with you to take after the last sample has been collected. Please supply the laboratory with a complete list of medication.
5. Both physical inactivity (bed rest) during an acute illness as well as acute infection itself can affect the results, and it is therefore recommended to postpone the test until your health has improved.
6. No smoking is allowed on the day of the test as well as during the procedure.
7. During the test, you should remain at the depot sitting quietly until the test is complete, which usually takes 2 hours for the standard test, but may be up to 5 hours depending on the doctor's request.
8. It is important to follow a diet containing at least 150 g of carbohydrates during the 3 days prior to the test.

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The following table can be used as a guideline to assess and adjust your carbohydrate intake appropriately:

FOOD SOURCE	SIZE OF PORTION	CARBOHYDRATE CONTENT (in g)
Bread (white/standard brown/whole wheat)	1 slice (+/- 30-40)	15-20 g
Cereals (e.g. Corn Flakes, Rice Krispies, Special K, Nutri-K, Strawberry Pops)	1 serving/40 g	30-35 g
Cereals (e.g. All-Bran, Muesli)	1 serving/40 g	20-25 g
Porridge (uncooked e.g. Malt-abella, Kreemy Meel, Oats, Pronutro, Taystee Maize/Wheat)	1 serving/30 g	20-30 g
Mealies (cooked, on the cob)	100 g	20 g
Pasta (cooked, plain e.g. macaroni)	100 g	30 g
Pasta (uncooked, egg or Roma e.g. macaroni, spaghetti, 2 Minute noodles)	100 g	60-70 g
Potatoes (boiled with skin, baked in jacket)	100 g	20-25 g
Provita biscuits	100 g (packet)	71 g
Rice (uncooked)	half-a-cup/40 g	20-25 g
Rusks (Ouma)	1 rusk/35 g	24 g
Ryvita biscuits (original)	1 slice/9 g	5.7 g
Tin of sweet corn/baked beans	100 g	18 g

Reference: The new complete kilojoule, carbohydrate and fat counter - South African edition, 2006. STRUIK.

